

Wind as a Factor of Pathogenesis

Dr. Tran Viet Dzung

c/o American Journal of Acupuncture

P.O. Box 610

Capitola, California 95010 U.S.A.

Abstract: Of all the Six Exogenous Pernicious Influences, "Wind" is certainly the most predominant... but probably also the least understood by Western practitioners. For instance, there are favorable Winds, just as there are harmful Winds. Pernicious Wind itself can affect the body in different ways, causing different pathologies and calling for different treatment plans. These are discussed in this paper.

DISEASE FACTORS can be classified into two groups according to Traditional Oriental Medicine:

- Exogenous Factors: these are the Six Cosmic Energies known as Wind, Cold, Heat, Dampness, Dryness (environment), and Fire.
- Endogenous Factors: these are the Seven Emotions known as Joy, Anger, Anxiety, Preoccupation, Sadness, Fear, and Fright.

Other factors do exist although they do not show in this classification:

- Toxic or Endemic Pernicious Influences fall under the Exogenous Factors category.
- Physical exhaustion, diet, sexual indulgence are Endogenous Factors.

Generally speaking:

- In Spring, most of the diseases are caused by Wind.

Excerpts from a talk given by Dr. Tran Viet Dzung at the International Acupuncture Symposium in San Francisco, California on March 28, 1987.

Correspondence and reprint requests should be sent to the author c/o the *American Journal of Acupuncture*, P.O. Box 610, Capitola, CA 95010 USA.

- In Summer, most of the diseases are caused by Heat.
- At the end of Summer, most of the diseases are caused by Dampness.
- In Fall, most of the diseases are caused by Dryness.
- In Winter, most of the diseases are caused by Cold.

Today I want to discuss "Wind" which is perhaps the least understood of the Cosmic Energies by Westerners. A few notions need to be clarified. There is a tendency to view Wind as something always pernicious and harmful. Although it is rarely explained in the West, people do not simply refer to "Wind" in Asia. They refer to the "Eight Winds" (Ba Feng). When the Wind penetrates the human body it can be unfavorable and toxic, but it can just as well be favorable and purifying, according to the season and the angle of attack of the Wind. Thus:

- On the first day of the beginning of Spring the Wind coming from the North-East is favorable.
- On the first day of the Spring Equinox, the Wind from the East is favorable.
- On the first day of the beginning of Summer, the Wind coming from the South-East is favorable.
- On the first day of the Summer Solstice, the Wind coming from the South is favorable.
- On the first day of the beginning of Fall, the Wind coming from the South-West is favorable.

- On the first day of the Fall Equinox, the Wind coming from the West is favorable.
- On the first day of the beginning of Winter, the Wind coming from the North-West is favorable.
- On the first day of the Winter Solstice, the Wind coming from the North is favorable.

Let me add that these dates correspond to periods of time (usually the first fifteen days), not specific days.

These favorable Winds strengthen the energetic and mental quintessences and eliminate disease. On the other hand, the Winds that do not satisfy the conditions specified above are harmful. These toxic energies that blow on people are responsible for the so-called Seasonal Diseases. To eliminate this Pernicious Wind, the *Da Cheng* prescribes opening the Four Gates, namely:

- The two Hegu (LI-4)
- The two Taichong (LV-3)

Pernicious Wind can enter the body in different ways.

Superficial Penetration of the Wind

There are many diseases caused by a superficial invasion of the Wind into the skin where the lesser branches of the Tendino-muscular channels are located. These diseases are called "Offensive Diseases of the Wind." The signs are as follows:

- Cough
- Rhinorrhea
- Nasal obstruction
- Headache
- Sneeze

The Evil Wind always attacks the skin first, which is where the exteriorization of the Jing Qi of the Lung takes place. You will then get all the problems associated with the dysfunction of Lung Qi: cough, rhinorrhea, sneeze, etc. Those signs also announce the onset of flu.

Treatment: A very effective technique can be used, provided that the patient comes to the practitioner while the disease is still in that stage, and that the practitioner recognizes it. It is a diaphoretic technique using points to Release the Exterior: LU-7, LI-4, SJ-5, GB-20, GV-16, UB-12.

Explanation:

—LU-7: Lung Qi circulates in the epidermis, which is the site of penetration of the Evil Qi. We use the Luo-connecting point of the Lung (LU-7) to Release the Exterior in order to tonify the circulation of the Lung Qi and to stop the cough.

—UB-12: The Tai Yang (UB) is the most superficial of the Yang channels, and it protects the external system of the human body. UB-12 ("Wind's Door") is the place where the Wind-Cold invades the body, and we use this point to harmonize the Tai Yang energy and to disperse the Evil Qi.

—GB-20: The Yang Wei rules the Exterior Yang, and it connects with the GB channel at GB-20. This point is thus used to Release the Exterior and to treat headaches and fevers.

—LI-4: The Tai Yin (LU) and the Yang Ming (LI) represent the first inter-relation system "Yin Yang/Interior Exterior" of the body. We use LI-4 (Yuan-source point on the Yang Ming) to fight the Evil Qi and to Release the Exterior.

—SJ-5 ("Outer Gate"): use this point in tonification for all external diseases.

Note: You should needle superficially in tonification-dispersion to make the Evil Qi come out. A deeper insertion would be less effective and could even drive the Evil Qi deeper into the body.

Progressive Disease of the Wind

TAI YANG: Because of the dysfunction of the connective tissue system, the Pernicious Wind progresses quickly into the skin where the Yang Tendino-muscular channels and Primary channels are located, particularly the Tai Yang, where it will start the so-called "Progressive Disease of the Wind." The signs are as follow:

- Fever
- Aversion to the Wind
- Sweating
- Headache
- Superficial pulse

The Repletion of the Wind attack has created a Vacuity at the Tai Yang level.

Treatment: Treat immediately the Tai Yang level according to the Tendino-muscular technique (because there are contractions).

—Disperse the painful points (superficial needling).

—Tonify the Primary channels.

Example: For pain in the cervical region of the spine (stiff neck): Needle GV-16, GB-20, UB-10, GB-21, SI-3, SJ-5, GV-14, UB-11.

Explanation: According to TCM, pain represents an obstruction of Qi. In this case, the obstruction is located at the back of the neck where the BL and SI channels run (Tai Yang level). One should needle all the "Wind Points" in dispersion (where the Evil Wind can penetrate the body): GV-16 ("Wind's Dwelling"), GB-20 ("Pool of Wind"). Disperse also the painful points: UB-10, SJ-5 (always used for external diseases). The pain is usually due to a Repletion at the level of the Tendino-muscular channel. You will then need to tonify the Primary channel (where there is a Vacuity) to restore the balance of Qi and bring instant relief: SI-3 (and possibly SI-1).

YANG MING: An untreated disease of the Tai Yang progresses rapidly towards the interior of the body at the Yang Ming level where anything can transform into Heat (even Cold). The signs are as follow:

Strong fever

Profuse sweating

Aversion to heat (with no aversion to Cold or to Wind)

Thirst

Pulse: Flooding and big (always so when there is fever).

Treatment: At this stage, purge the Heat (not disperse it): GV-14, LI-4, LI-11.

Explanation:

—GV-14: The GV meridian is the "Sea of the Yang channels." GV-14 is the meeting point of all the Yang channels. It is an extremely potent antibacterial and antipyretic point in that it increases the Defensive Energy potential (Wei Qi).

—LI-4 and LI-11: They are the Yuan-source and He-sea points of the Large Intestine channel which is related internally-externally with the Lung. These two points have the

ability to purify the Lung Qi and fight the fever. Twenty minutes is all it takes for these three points to make a severe fever drop...provided that you locate and tonify them properly.

SHAO YANG: I mentioned earlier that Wind diseases progress from the Exterior to the Interior. So why did we skip from the Tai Yang to the Yang Ming without discussing the Shao Yang? Because that is the way the disease progresses. The Shao Yang meridians are neither internal nor external. When the disease attacks the Tai Yang, the patient experiences chills. When it attacks the Yang Ming, the patient has a fever. If a patient has alternating chills and fever, the disease is in the Shao Yang level. The signs are as follow:

1. Bitter taste in the mouth, anxiety, nausea, vomiting

2. Dry throat

3. Dizziness

4. Chills and fever (main symptoms at the Shao Yang level)

5. Fullness in the chest and impairment of the hip joint

6. Tight pulse

These signs illustrate the "Half-internal, half-external" syndrome. (Intermediary syndrome).

Treatment: Harmonization principle using LV-3 and GB-34 to balance the Interior and the Exterior.

Explanation: (Refers to 1-6 above).

1. Is a sign that Heat is attacking the GB channel.

2. Is a sign of Vital Fluids deficiency (SJ) due to Heat

3. Is due to Blazing Fire in the GB

4. Is a consequence of the battle between the Healthy Qi and the Evil Qi at the intermediary level.

5. Is due to a Qi stagnation in the chest/abdomen/pelvis portion of GB channel.

Treatment: Harmonization principle using LV-3 and GB-34 to balance the Interior and the Exterior.

Direct Attack of the Wind

The Pernicious Wind can invade the Primary Yin channels directly (bypassing the

Yang channels) or attack the organs and viscera directly. This type of disease is very serious from the start and is called "Direct Attack of the Wind" (Zhong Feng). The signs can be as follows:

1. Deviation of the mouth and eyes (facial paralysis)
2. Even worse: Hemiplegia
3. Worse still: Mental confusion that can develop into coma

The Zhong Feng syndrome can have two different types of etiologies: Exogenous (external) or Endogenous (internal).

Exogenous etiology: At the level of the organs and viscera, the sudden attack causes an abrupt stop in the Qi-Blood circulation, which means a violent separation of the Yin and the Yang in the body (organs are Yin and viscera are Yang).

Differential diagnosis: Exogenous origin. The Wind-Cold attacking the Jing Luo is easier to treat.

- No state of mental confusion.
- Symptoms of hemiplegia.
- Deviation of the mouth and eyes.
- Contraction of the limbs.

Treatment: e.g. Hemiplegia from exogenous origin. (Attack on the Yin meridians or on the organs and viscera, for which the after-effects are local):

- Facial paralysis:

Needle ST-6 and 4, GB-14, UB-2, LI-4, LV-3 and Curious Point 9.

If it is a recent case, needle the same side.

If it is a chronic case, needle the opposite side.

Explanation: LI-4 because the disease is on the face. LV-3 is an Earth point to quell the Fire.

- Contraction of the fingers and hands:

Hands: needle the Baxie points (Curious Point 107).

LU-11 can sometimes open the hand.

PC-8 needled deeply opens the fingers.

Add: LI-4, SJ-5, LI-11, SI-3.

- Contraction of the elbow:

Needle LI-11, SJ-10, SI-8.

- Contraction of the shoulder:

Needle LI-15 and 16; SI-12, 13, 14; SJ-13 and 14.

- Contraction of the foot:

Needle the Bafeng points (Curious Point 137).

- Unable to lift the foot:

Needle ST-41.

- Varus (foot curved inward):

Needle Curious Point on the outside of the foot.

And vice-versa for valgus (foot curved outward).

- Contraction of the knee:

GB-33 (Xiyangguan = "Knee's Yang Hinge" movement): to unblock difficult movements.

GB-34 (Yanglingquan): rules the muscles. To be needled in cases of muscular hypertonia.

GB-39: influences the marrow.

- Dysarthria:

Imperfect articulation of speech due to spasm or paralysis of the speech organs: tongue, lips, soft palate, etc.

Needle GV-15, CV-23, and HT-5 (because the tongue is ruled by the Heart).

Add Scalp Acupuncture: the disease is located in the Brain due to a deficiency of Jing (Energy quintessence normally found inside the Brain). In this case the Jing is found outside the Brain, expelled by the Wind-Fire. Scalp Acupuncture is used to send the Jing back into the Brain.

Endogenous etiology: There is Evil Wind on the outside, but there can also be Internal Wind inside the body due to three possible events:

1. Sudden rupture of Shao Yin axis (K-HT).

A deficiency of the Kidney Yin causes a sudden release of the Heart Yang which circulates very quickly. We call that phenomenon Wind-Fire (Feng Huo), and it is due to an acceleration of the Fire Movement. This Fire goes to the Brain which is the place of mater-

ialization and concentration of the Jing. The blood vessels dilate in the presence of this Fire, causing blood extravasation and stroke with sudden hemiplegia. This in turn can cause hemiplegia.

2. Sudden rupture of the Shao Yin/Jue Yin axis (K-LV) = "Escape syndrome." A sudden Vacuity of the Kidney Yin causes Repletion of the Liver Yang (Blazing Liver Fire) with production of Wind-Fire.
3. Sudden rupture of the Tai Yin/Yang Ming axis (SP-ST) = "Obstruction syndrome." The onset is more gradual and chronic in this case. Hemiplegia is caused by a series of transformations and compressions: Dampness becomes Phlegm, which can transform into Fire if untreated, and then into Wind (Wind-Fire). The actual onset processes are less important in this case.

Differential diagnosis:

Obstruction syndrome:

- State of mental confusion
- Fever
- Mouth, eyes and hands are closed
- Red face (Fire ascends)
- Hypernea
- Pulse: slippery (indicates a Blood dysfunction because the SP-ST produce blood; the only other normal case is when the patient is a pregnant woman) and strong.
- Tongue: yellow coating (because of Heat)

Escape syndrome: difficult to treat

- The state of mental confusion is more serious because the Liver is responsible for emotions
- Mouth, eyes and hands are open
- Red face
- The four limbs are cold
- Sweat
- Noisy breathing
- Urine and fecal incontinence
- Pulse: slippery but very thin (disappearing under the fingers)

Treatment: e.g. Hemiplegia from endogenous origin:

Obstruction syndrome: We need to:

1. Reconnect the orifices and awaken the Mental (Spirit). Needle GV-26 (Ren zhong = "the middle of man"). Here the needling technique is very important: angle towards the septum of the nose until you touch it (much more effective!). A patient in a comatose state can neither see, hear, smell nor breathe: GV-26, known as the "reviving point" has the ability to reconnect the seven orifices (two eyes, two nostrils, two ears, one mouth) and to awaken the Mental.
2. Re-establish the Yin/Yang polarization. Bleed the Shixuan points (Curious Point 86) at the tips of the fingers because they are the site of the Yin/Yang connection.
3. Quell the Wind-Fire. Needle GB-34 (He-sea point of the Yang Primary channel) and LV-3 (Shu-Stream point of the Yin Primary channel): these = Earth to quell the Liver-Wind (Wind-Fire). Also tonify GB-20 to calm the Liver and suppress the Wind.
4. Purge the Heat. Needle GV-14, LI-4, LI-11 to prevent the patient from having after-effects. Then add: ST-6 and LI-4 to treat the deviation of the mouth. There are two possible methods: for acute cases, use ST-4, 5, or 6 on the diseased side; for chronic cases, use ST-6 and 4 on the healthy side.

Escape syndrome. We need to bring back the Yang in order to stop the escape. Moxa CV-8, 4, and 6.

CV-8 (Shenque): because the Prenatal Qi is Yang. The umbilicus is the place where our parent's Qi is stored. In the case of an Escape syndrome with a state of Vacuity, we need to moxa CV-8 with salt (Yang) and let the Heat penetrate in the abdomen.

CV-4 (Guanyuan): this is the place where the Water comes from the Kidney.

Always combine with GV-26, Shixuan and GV-20.

To sum up:

1. If the disease penetrates the skin:
Use points to Release the Exterior:
GB-20, LU-7, LI-4, SJ-5, UB-12.
2. If it is a progressive disease:
Use purifying points: GV-14, LI-4 & 11.
3. If it is a direct attack:
GV-26
Bleed Shixuan.